

INSPIRING SPEAKERS FOR SENIOR GROUPS

MAYBE JOIN FORCES WITH ANOTHER SENIOR GROUP

If you have a recommendations please email Kelleigh at positiveageing@frankston.vic.gov.au



Rail Safety and Awareness Sessions

Free Education sessions facilitated by a very knowledgeable team , delivered in house at venues or community centres which run between 50-90 minutes.

Email community.education@metrotrains.com.au



Peninsula Community Legal Centre

PCLC offer free legal advice .

The centre undertakes a range of community legal education, community engagement and law reform activities .

Contact Kristin 9783 3600 or email pclc@pclc.org.au



Strokesafe Foundation

Stroke foundation is offering both a face to face and online StrokeSafe talk. The program is available at no cost to community groups of 10 or more. StrokeSafe Speaker Booking form <https://strokefoundation.tfaforms.net/52> or call 1800 787 653



Live Up

LiveUp is a free online healthy ageing guide. Its designed to make information and out healthy ageing accessible for all. They have amazing resources on the website www.liveup.org.au

John Bradshaw is happy to come and talk to groups of 20 or more - call him (08) 6275 3322

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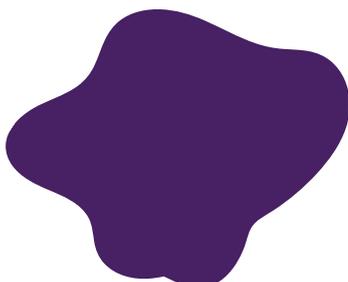
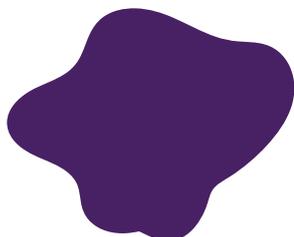


ECCV - The Ethnic Communities Council of Victoria

offer free information sessions for multicultural seniors on a range of issues designed to promote the health and well being of group members and to improve the sustainability of the groups. Sessions run between 1-2 hours and can be adapted to meet the needs of the group. Information sessions can cover topics such as : respectful relationships, financial planning and benefits, improving computer and online skills and governance and funding . Contact eccv@eccv.org.au or on (03) 9354 9555



Frankston Library will come out to speak to your group about all the amazing things the library have to offer - home service, library apps, large print books and much more . Please call Jacquie Kilkenny 9768 1673 or email jacqueline.kilkenny@frankston.vic.gov.au



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Wingham Park Seniors Activity Space

Looking for an exciting way to stay active and connect with others? The space is specifically designed to reduce risks of falls. It helps improve balance, strength, functional movement and mobility. Contact Positive Ageing Team- Johanna 0438 902 205



Respecting Seniors Network

A dedicated elder abuse prevention information portal offering a directory of elder abuse response services available to people living in Frankston area. Email info@respectingseniornetwork.org.au



Fire Rescue Victoria

[Fire Rescue Victoria have developed a Seniors fire safety program .](#)
[Happy to come and talk to the group at no cost.](#)
[Visit frv.vic.gov.au/seniors-fire-safety](http://frv.vic.gov.au/seniors-fire-safety)



Elders Rights Advocacy

Provide information, advocacy and social support to people seeking access to or using residential or in home aged care service. Briony 0490 433 417



Peninsula Home Hospice

Is a community based palliative care service . Provide specialist palliative care in the home. Bronwyn 5973 2404